

MARCH 2016



ATTENTION



Due to parking issues and the problems with the exercise classes getting out, lunch is now going to be served at

NOON (12:00 PM).

It has become a bottleneck getting people in and out and parking is a problem.

There is no need to get to the center for lunch before **11:45 AM**

LUNCH IS NOW SERVED AT

12:00PM



March Meals at the Center

March 1– Pasta Bar/milk/bread/dessert

March 3–Pasta Primavera/Corn/Fruit

March 8–Shepherd's Pie/Beans Oranges

March 10– Chicken Cacciatore/Penne Pasta/Brownie

March 15– Pot Roast Stew/Mashed potato/succotash/cookie

March 17– Corned Beef/Potato/Cabbage/Jell-O

March 22–Buttermilk Chicken/Potatoes/Veggie/Fruit

March 24–Baked Potato Bar/dessert/milk

March 29– Meatloaf /potatoes/veggie/peaches

March 31– Garlic Chicken/scalloped potatoes/fruit

Sign up on table in back

Please call 48 hours prior to meal for reservation

508-885-7546

Suggested voluntary donation: \$3

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

ELDERBUS

IN TOWN TRANSPORTATION DAILY

MEDICAL APPOINTMENTS IN WORCESTER ON

MONDAY, WEDNESDAY FRIDAY.

48BUSINESS HOUR

NOTICE

1-800-321-0243

I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT **508-885-7546**



Massachusetts RMV in Center

The RMV was looking for a way to reduce lines and waiting times at the registry so they opted to have some senior centers as host sites and ours was picked to be one.

You will be able to make an appointment and come into the center to do the following:

- ◆ Renew a license (age 74 & under)
- ◆ Replace a lost or stolen placard form
- ◆ Apply for a duplicate license
- ◆ Renew a registration
- ◆ Change of address

Why wait in line at the Registry? Make an Appointment and come into the center.

Monday through Thursday

9:30 AM-2:30 PM by appointment 508-885-7546

Members of the Council on Aging

Pamela Woodbury-Director

Joan Houston– Member

James Letendre-Chair

Janet Goff-Member

Christine Alessandro-Vice Chair

Christine Mancini-Member

Diane Johnson– Treasurer

Susan Arsenault– Member

Pat Corson-Member

Sheila Pheonix– Member

DON'T MISS OUR PASTA BARS!

YOU MAKE IT THE WAY YOU LIKE IT
YOU WILL HAVE THE FOLLOWING CHOICES:

MARINAR SAUCE

ALFREDO SAUCE

MEATBALLS, SAUSAGE, CHICKEN

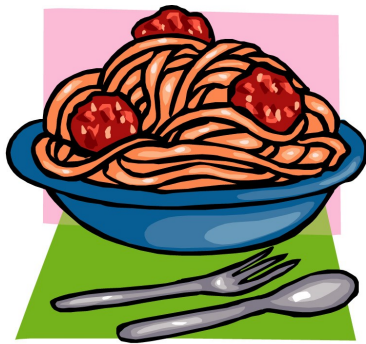
ONION, PEPPERS AND MUSHROOMS.

ALL SERVED WITH A BREAD AND DESSERT!

AVAILABLE THE FOLLOWING DATES

MARCH 1; APRIL5; MAY3 AND JUNE 7

RESERVE YOUR MEAL 48 HOURS BEFORE



Voluntary donation. Suggested donation is \$3

DON'T MISS THE BAKED POTATO BARS!

IF YOU LIKE BAKED POTATOES

YOU'LL **LOVE** OUR BAKED POTATO BAR

YOU WILL GET A BAKED POTATO AND THE
FOLLOWING TOPPINGS:

BROCCOLI; CHEESE; CHILI; SOUR CREAM

SALSA, BACON BITS, CHIVES

JUST ABOUT ANYTHING YOU PUT ON A

BAKED POTATO

THIS MEAL WILL BE AVAILABLE THE
FOLLOWING DATES:

MARCH 24; APRIL28; MAY26; JUNE 23

RESERVE YOUR MEAL 48 HOURS BEFORE



Voluntary donation. Suggested donation \$3

NEWS FROM SHINE MARCH 2016

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If

you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

THAT WAS THE YEAR.....1968

President and Vice President: Lyndon Baines Johnson and Hubert Humphry



Headlines: Martin Luther King Assassinated

President Johnson signs the Civil Rights Act of 1968

U.S. Soldiers massacre men, women and children in My Lai, Vietnam

Senator Robert F. Kennedy Announces His Bid For the US Presidency

President Johnson Goes on Television To Tell The American People He Will Not Seek Re-election

Senator Robert F. Kennedy is Assassinated After Winning the California Primary

Jacqueline Kennedy Weds Aristotle Onassis

The Nuclear- Powered U.S. Submarine, Scorpion Sank in the Atlantic Ocean Losing 99 Crew Members



Technology:



- **Boeing 747** made its maiden flight.
- NASA launches **Apollo 7**, the first manned Apollo mission
- **Air Bags** , Allen K Breed invents an air bag that deploys and inflates automatically on violent impact using nitrogen gas.
- Apollo 8 orbits the Moon, becoming the first manned space mission to achieve the feat.
- **Dr. Christian Barnard performs the first successful heart transplant.**
- US Explodes experimental **hydrogen Bomb**.
- The **Emergency 911 Telephone service** is started in the USA which provides a single number for reporting emergencies and is manned 24 hrs. per day 365 days per year
- **ATM** First Philadelphia Bank installs the first **automated teller machine** in the U.S.

Cost of Living:

Average Income: \$7, 850

Gallon of Gas: 34¢

Stamp: 6¢

Rent: \$130

New House: \$14,950

Minimum Wage: \$1.60 per hour

Car: \$2,822

Movie Ticket: \$1.50

Life Expectancy: 70.2

Cost of Food:

Milk : 95¢ per gallon

Pillsbury Cake Mix: 25¢

Six Pack of Beer: 99¢

Bread: 22¢

Six Pack of Pepsi: 59¢

Sugar:

Lb. Sirloin Steak: 85¢

Eggs: 53¢

Hershey Bar: 5¢

Sports:

World Series: Detroit d. St. Louis Cardinals (4-3) Super Bowl: Green Bay d. Oakland (34-14)

NBA Championship: Boston d. LA Lakers (4-2); Stanley Cup: Montreal d. St. Louis (4-0)

Kentucky Derby: Forward Pass;

Deaths:

Helen Keller

Upton Sinclair

Dorothy Gish

Martin Luther King Jr.

John Steinbeck


Senator Robert F. Kennedy

Tallulah Bankhead



MARCH 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Birthday Cake Second Tuesday From Quaboag on the Common		1 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	2 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	3 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	4	5
6	7 9:30 Cribbage \$1 Bakery T/B/A	8 9:30 Yoga 10:30 Exercise 12:00 Lunch 11:30 ellness clinic 1:00 Bingo	9 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	10 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	11	12
13	14 9:30 Cribbage \$1 Bakery T/B/A	15 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	16 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	17 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo 	18	19
20	21 9:30 Cribbage \$1 Bakery T/B/A	22 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	23 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	24 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	25	26
27	28 9:30 Cribbage \$1 Bakery T/B/A	29 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	30 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	31 9:30 Yoga 10:30 Exercise 11:30 BP Clinic 12:00 Lunch 1:00 Bingo	BP Clinic Provided by Overlook VNA	

All programs at the senior center are funded by a Formula grant through the Executive Office of Elder Affairs